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LOPEZ'S NEW BEAU GETS PROMOTED FROM BACKUP DANCER TO CHOREOGRAPHER PAGE 11



CALGARY

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Monday, May 7, 2012



News worth sharing.

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Fatally injured toddler gave 'biggest gift'

Investigation. Police continue to probe Calgary dayhome incident in which a child was injured and later died



JEREMY NOLAÏS
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Family members are finding some comfort in one last gift left behind by their 21-month-old daughter, who was injured in a southeast Calgary dayhome and later died.

A statement released Sunday identified the girl as



Mackenzy Woolfsmith CONTRIBUTED

Mackenzy Woolfsmith. Police discovered the infant unconscious and not breathing at a dayhome in the 100 block of Elgin Heath Southeast last Wednesday.

Family made the decision to take Mackenzy off life support on Friday and donated her organs to four other young-

sters. "We are so proud of our little girl," reads the statement from the family. "With her generous donation, four babies now have chances at amazing lives. She brought so much happiness to so many people during her short time with us. She loved to share and this was her biggest gift."

Police offered no new details on Sunday of their investigation into the dayhome, but weekend media reports suggested another family had previously raised questions about the centre after their daughter was injured there last year.

Follow Jeremy Nolaïs on Twitter @Metro_Jeremy



MARATHON MATCH

Referee Rob Matsuoka drops the puck to Jonathan Hamilton, left, and Andy Larose to help kick off the Hockey Marathon for Kids at the Chestermere Recreation Centre on Sunday. When the final goal slides into the net, the game could set a record for the world's longest. To find out what participants expect, turn to page 3. JEREMY NOLAÏS/METRO

Down by the river

The annual waterway cleanup has been so successful organizers are thinking of taking on city parks PAGE 3

Gender bender

Expectant moms and dads have found a new way to share the news: The gender reveal party PAGE 12

Kings rule

Los Angeles is moving on to the NHL playoffs' Western Conference final as a four-game sweep has St. Louis singing the blues PAGE 25



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impalaganza

A red Chevrolet Cobalt sedan is shown from a front-three-quarter view. The car is parked on a white background. The Chevrolet bowtie logo is visible on the front grille. The car has silver multi-spoke wheels and a black lower front bumper. The license plate area is labeled 'P5520A'.

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Politics

Half of Tory cabinet could change, source says

Premier Alison Redford is set to swear in a long-term cabinet on Tuesday that could be chock full of new faces, Metro has learned.

A source within government said that along with five vacant cabinet positions to fill, the premier may also tap a half-dozen other newcomers to join in key government positions.

"I would say there's a probability of 10 or 11 returning faces and the other half will be new," the source said Sunday. "The last cabinet was kind of a caretaker cabinet — it was only there six months."

Speculation is rampant that former Calgary alderman Ric McIver could be appointed to the vacant finance minister post and could also pick up responsibilities through a merging of that position with the Treasury Board portfolio, the source said.

Along with McIver, others in line for a promotion could include Lethbridge MLA Bridget Pastoor and newly elected Calgary MLA Donna Kennedy-Glans, whose background makes her an attractive candidate for the energy portfolio, the source said.

University of Alberta political-science professor Jim Lightbody believes Human Services Minister Dave Hancock and Environment Minister Diana McQueen may have the most to lose come Tuesday, as the premier attempts to shed influence of the old Tory guard and search for areas where she can make progressive change.

JEREMY NOLAIS/METRO

Hit-and-run death. Police still searching for leads

Police are still looking for suspects in the fatal hit-and-run that killed a 10-year-old Morley resident last Thursday.

According to duty Insp. Darren Leggatt, the investigation is ongoing and remains status quo, with no new information or arrests.

Family members identified the victim as Eleasha Wesley over the weekend.

"These investigations take time and are of a sensitive nature," Leggatt said. "It's status quo for right now." **METRO**



Eleasha Wesley is seen in this handout photo.

COURTESY OF WESLEY FAMILY

World's longest hockey game. Months of training preceded attempt

Spending 250 hours on skates in a competitive hockey game will be no easy feat, say participants in the Hockey Marathon for Kids.

The game kicked off Sunday in Chestermere and aims to raise \$1.5 million for Alberta Children's Hospital and set a Guinness World Record for the longest hockey contest.

Moments after his white squad surrendered the game's first goal, participant

Terry Ferguson explained that he and the other players had undergone months of training before the big event.

Nevertheless, he anticipated the first three days would be a real challenge.

"Give me 10 minutes and I'll probably start feeling it," he joked.

For more information about the event, go to hockeymarathon.com.

JEREMY NOLAIS/METRO

Annual waterway cleanup could expand

Community. Volunteers may also soon comb parks for discarded items

TESSA CLAYTON
calgary@metronews.ca

More than 2,000 volunteers combed the areas along Calgary's waterways on Sunday as part of the first spring cleanup of the year.

The annual Pathway and River Cleanup is now at "capacity of reaches," said Julie Guimond, cleanup committee chair, meaning that the city is running out of physical space for volunteers along waterways.

As a result, the group is considering expanding the cleanup to include parks across the city through, she said.

"We'll review that at the end and that will allow us to open it to more groups," she added.

Loreto Romero and her 12-year-old daughter, Yanira, have been volunteering with

'Best find'

• This year, the winner for the Pathway and River Cleanup's "best find" was a miniature handmade boat and two crystals. An honourable mention went to a volunteer who found a large pair of animal-print underwear. Two geocaches and a dead porcupine were also discovered.

• Last year, more than 10,000 pounds of garbage was cleaned up from the waterways.

• The cleanup doesn't collect recyclables; groups either donate the items or recycle them for their benefit.

the cleanup for more than 10 years and say it's a great event for several reasons.

"You do something good for the community," Loreto said, adding it's always nice when people help out. "It's incredible how much people throw out."



Jerry Brunen, a city employee, holds up some of the treasures found at yesterday's Pathway and River Cleanup, including a wig with a hairbrush still in it and a horseshoe. TESSA CLAYTON/FOR METRO



NEWS

On the web

Tour the Family Guy's town

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more

Mobile news



Test-tube babies have higher rates of birth defects, and doctors have long wondered: Is it because of certain fertility treatments or infertility itself? An extensive new study from Australia suggests both may play a role. Scan for the story

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Concealment of Identity. Feds support bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest," a criminal offence punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give

police the tools they need to identify offenders who cause damage to this country's neighbourhoods," he said.

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail.

JESSICA SMITH/METRO

Kamloops, B.C.

50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private

arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday. A boiler was the cause of the problem.

THE CANADIAN PRESS

Mental Health Awareness Week kicks off today

Inspiring others.

Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE
BAXTER

ottawa@metronews.ca

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental



Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started

to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving

On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first ever national mental health strategy.

up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7-8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

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To register and for full contest details visit clubmetro.com.

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France elects Socialist Hollande as leader

Victory speech. 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect in-

herits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since World War II but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior

Quoted



"I take responsibility ... for the defeat."

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy

Ministry said. The turnout was a strong 81 per cent.

"Too many divisions too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of

the president of the Republic is to unite ... in order to face the challenges that await us."

Prime Minister Stephen Harper has called the new president-elect to congratulate him on Sunday's victory.

The prime minister's office says in a news release that Harper emphasized the shared values and deep historic, cultural and linguistic ties between Canada and France.

Harper also expressed Canada's desire to work closely with France on a full range of international issues

President Barack Obama also called Hollande after the results were announced, the White House said in a statement. **THE ASSOCIATED PRESS**



Supporters of Francois Hollande, Socialist Party candidate for the presidential election, react after the first results of the second round of French presidential elections in Paris on Sunday. FRANCOIS MORI/THE ASSOCIATED PRESS

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Murdoch's scandal follows classic media-baron script

Ambition to hubris. Mogul's fall from grace is a familiar story in the world of global media conglomerates

If the phone-hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London. "He seems to me to be in the same press-baron tradition."

Before Murdoch came Rob-

Fallout

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, and the resignations of high-flying political operatives and police leaders.

ert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel *Scoop*.

Earlier still was the New

York Journal's William Randolph Hearst, who has become linked to the swash-buckling maverick at the centre of Orson Welles' 1941 classic *Citizen Kane*.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

The narrative of the hacking scandal may echo earlier stories of overreach, but Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, who has written biographies of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS



Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents.

THE CANADIAN PRESS

Succession planning

Buffett's cancer draws attention to replacement

Warren Buffett worked to reassure shareholders that he's feeling good after his recent prostate-cancer diagnosis, and that Berkshire Hathaway is ready to replace the revered 81-year-old investor when the need arises.

Based on the questions Buffett got from the crowd of more than 30,000 at the company's annual meeting in Omaha on Saturday, Berkshire shareholders are taking him at his word.

Despite the fact that Buffett just disclosed the condition last month, many of the questions at the meeting either focused in on technical aspects of Berkshire's many businesses or dealt with general economic or political topics.

THE ASSOCIATED PRESS

Product defect

Chrysler recalls vehicles over possible failures

Chrysler is recalling 119,072 cars after discovering that the antilock-brake and electronic-stability-control systems can fail because of an overheated power supply.

The model year 2011 and 2012 Chrysler 300s and Dodge Chargers will have a fuse changed and relocated. Chrysler Group LLC will cover the repair costs.

The condition first surfaced on a Michigan State Police training vehicle. Chrysler told the National Highway Traffic Administration it is not aware of any crashes, injuries or fires related to the overheating. Vehicle owners may contact Chrysler at 800-853-1403.

THE ASSOCIATED PRESS

Conrad Black. His legal legacy is limited: Expert

Conrad Black's battle with the U.S. justice system over fraud charges attracted media coverage, but hasn't left a deep footprint in North American corporate law, a legal expert says.

Black's fraud convictions and role in a significant U.S. Supreme Court decision helped send messages to the corporate world, but largely followed in the footsteps of other white-collar criminals.

Jacob Frenkel, a former U.S. federal prosecutor and current partner with Wash-

ington D.C. law firm Schulman Rogers, said Black's case never matched the widespread interest that prosecution of former executives of Enron Corp. generated.

"No one ever cared about his case in the United States," Frenkel said. "It takes the right individual and the right case for the deterrent message in a white-collar prosecution to resonate. Those cases in the U.S. were (former Enron chief executives) Ken Lay and Jeff Skilling." THE CANADIAN PRESS

Exposing private data. Domain-name expansion delayed by software glitch

The organization in charge of expanding the number of Internet address suffixes — the ".com" part of domain names — is apologizing for delays but says it's favouring quality, not speed.

Three weeks ago, the Internet Corporation for Assigned Names and Numbers (ICANN) abruptly shut down a system for letting companies and organizations propose new suffixes after it discovered a software glitch that exposed some private data.

New suffixes

1,000

Up to 1,000 domain-name suffixes could be added each year in the most sweeping change to the domain-name system since its creation in the 1980s.

At the time, ICANN planned to reopen the system within four business days. The system remains suspended indefinitely.

ICANN has said it needed

time to figure out why the software failed and how to fix it. That was completed last week, Beckstrom said, but ICANN still must undergo extensive testing on the fixes and inform companies and organizations whose data had been exposed.

The idea is to let Las Vegas hotels, casinos and other attractions congregate around ".Vegas," or a company such as Canon Inc. draw customers to "cameras.Canon" or "printers.Canon." THE ASSOCIATED PRESS

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URBAN COMPASS
Janice Paskey
calgary@metronews.ca

Suddenly, there's the baby. She is cute and blonde, and nicely dressed in a pink snowsuit. The man pushing her stroller, though, is in dark, scraggly clothes and has brownish teeth.

"My wife and I just moved to the city," he said. "Can you help us with money?"

We're in a Superstore parking lot in Thorncliffe, a community with the cheapest soccer fees in the city, so my kid is practising nearby, and I'm shopping. "What do you need the money for?" I ask.

"Some wipes and diapers," he says. I distrust him, so I refuse. He scowls and leaves.

A pale, overweight woman approaches next: "My boy-friend just left me here, can you help me with some money?" No — I mean, I just turned down a baby. Minutes before, I also said no to a guy inside the Superstore asking for money for a burn-treatment unit.

Donor fatigue

Is this our Calgary? It's soliciting, all the time. We know we have one of the most unequal cities in the nation, and it's expensive. We need new stats: How many times are we asked for money? When should we feel guilty? When is it all too much?

Is this our Calgary? It's soliciting, all the time. We know we have one of the most unequal cities in the nation, and it's expensive. We need new stats: How many times are we asked for money? When should we feel guilty? When is it all too much?

Just a few hours earlier, I sat through the safety video for the Alberta Highway Cleanup, held the first Saturday of each May. Hundreds of youth groups clean highway ditches to earn \$100 per kilometre near cities and \$55 a kilometre further out. (The Ministry of Transportation

should do a compensation review, because a ditch is a ditch!)

Some groups cancel. Our route near Cluny was changed to Crossfield — it's closer and full-rate. We'll try to get \$1,000 for my son's junior-high band. So far, we've donated 15 to 20 times this year: public school, private schools, sports teams, extended family members, United Way, friends selling Spol-umbos, The Stephen Lewis Foundation.

But ditch cleaning is a whole new venture. Frontier attitude? Check. Alberta gave \$800,000 to not-for-profits last year and spent another \$400,000 on admin and supplies.

But Saturday comes ... there's rain, then snow. The Alberta Highway Cleanup will instead take place next week, May 12.

But this is Calgary, so we're committed to another three fundraisers that day, including a five-hour bottle drive.

And that baby in the parking lot? She started to cry — not unlike all of us left confused about where to give and why.

Worth mentioning

Global snack attack proves it's all just a matter of taste

Russians prefer their Lay's potato chips dusted in caviar and crab flavours. The Chinese like their Oreos stuffed with mango and orange cream. And in Spain, Kellogg's All-Bran cereal is served floating in hot coffee instead of cold milk.

Americans might get squeamish at the thought of their favourite snacks

being tweaked. But what works in the U.S. doesn't always work everywhere.

The challenge for snack makers is that people in other countries have different tastes. Consider the Oreo, which Kraft Food Inc. introduced in China in 1996. Sales of the vanilla cream-filled chocolate cookie sandwich were respectable there, but the Chinese didn't completely take to it.

So Kraft decided to tweak the Oreo. The result? Over the past five years, Kraft said sales have grown an average of 60 per cent a year. **THE ASSOCIATED PRESS**

A droplet's rainbow ebb and flow



TOBIAS BRÄUNING

Picture perfect

Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled *Dancing Queen*, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

60 seconds



Tobias Bräuning

What do you see here?

I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

How did you create these striking shapes?

I used electromagnetic solenoid valves to generate the drops. I also

made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

You must have used a very rapid shutter speed.

No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second — to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

As a photographer, what do you want to tell the world?

I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects. **METRO**

Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured shortly before touching the splash."

Tobias Bräuning

Lunchtime initiative offers some Food for Thought

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one of many initiatives making a difference for the community.

Here's an initiative that's offering some food for thought — quite literally. A local commun-

ity group's helpful new elementary-school lunch program for the residents of High River is cleverly dubbed "Food for Thought."

The program was founded by local residents Tim Curtis and Suvi-Tuulia Lorenz after they realized that some students were regularly coming to school without lunches.

Through Food for Thought, they hope to initiate lunch programs in schools throughout the district for children in need.

Four schools have already signed up for the program.

Of course having a daily lunch is not only a necessity for young people's health, it also helps them focus on learning.

"Our group is made up of local parents who have no background in non-profit organizations. We have had to learn as we go.

"It has been a lot of work but it makes us really happy to know that what we are doing is helping the

local community."

Curtis and Lorenz are currently looking for volunteers interested in helping out with the program.

To join, email hrfood-forthought@gmail.com.

CRAIG AND MARC KIELBURGER

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2

SCENE

Box office

Avengers assemble a box-office smash

Captain America tells the Incredible Hulk to do his smash thing in *The Avengers*, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a \$200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of \$169.2 million for the debut of last year's *Harry Potter* finale. The *Avengers* added \$151.5 million overseas over the weekend to bring its total to \$441.5 million since it began opening internationally a week earlier.

THE ASSOCIATED PRESS

On the web



Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice



The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horowitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

Yauch: A music maverick

Remembering a Beastie Boy.

Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON
AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz.

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evol-

ving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, *Paul's Boutique*. What makes this performance from *Soul Train* especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

Condolences

Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer

says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

THE ASSOCIATED PRESS

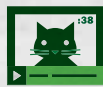
He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role

in immortalizing the trio with his video direction.

His directing credits include *So Whatcha Want*, *Intergalactic*, *Body Movin* and *Ch-Check It Out*.

Sharability



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Dorothy Robinson
scene@metronews.ca

Andy Cohen gabs with Metro

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop culture guru and celebrity interview extraordinaire.

In his new book *Most Talkative*, Cohen opens up about dreaming of a life in television while watching *All My Children* as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.



Andy Cohen ALL PHOTOS GETTY IMAGES

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Baker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to

forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

Twitter



@justdemi

So hard finding a name that was fun somewhat playful and available. So for now it will be @justdemi It could grow on me!



Is less Love Hewitt more?

Jennifer Love Hewitt has had so much attention paid to her breast lately that it's influencing her dreams.

"I actually had a nightmare the other night that people were trying to deflate my boobs while I was working," the *Client List* star tells Chelsea Handler during an interview. "They had tubes and I was trying to work, but they kept getting smaller," she said. "I was like, 'Guys, don't take them away! I'm getting issues about it, I think.'"

With good reason: Recently, ads for Hewitt's new series were modified without her knowledge to reduce the size of her breasts. "Some random person decided they were supposed to be smaller," she says. "I still don't know who that person is."



Jennifer Love Hewitt

It pays to be Jennifer Lopez's boyfriend

Getting close to Jennifer Lopez can certainly be a career boost — at least for Casper Smart, Lopez's 24-year-old boyfriend and backup dancer.

The singer announced that Smart would be serving as one of the choreographers for her new world tour, according to *Us Weekly*.

"I'm working with [choreographer] Jamie King, and also Casper Smart," Lopez said. "It's going to be an amazing, amazing show." Smart has reportedly become an important part of Lopez's life, both personally and professionally.

Sources say he's moved into her L.A. home and sits in on business meetings — and even directed her latest music video.



Jennifer Lopez

"He provides what she hasn't had in years. He's very supportive and devoted," a source says.

Jay-Z: My daughter will likely be spoiled rotten

Jay-Z is planning to do the best he can to raise daughter Blue Ivy Carter right, but he resigned himself to the fact that she'll have it pretty easy in life.

"I imagine I'll take things I learned from my mom and things I've learned from raising my nephews and apply that," he says of his parenting plans in an interview with Oprah Winfrey. "Then at the end of the day, I just know I'll probably have the worst, spoiled little kid ever." At least the rap mogul is ready for the inevitable



Jay-Z

resentment that comes with being a parent: "Everyone imagines they'll be a great dad until their [kids are] teenagers. [They say], 'Get away from me, Dad. You're embarrassing me,'" he says.

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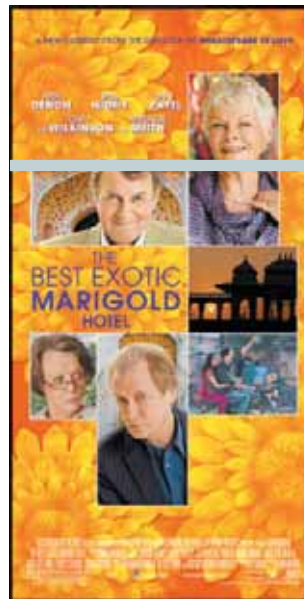
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IN SELECT THEATRES MAY 18TH

3

LIFE

DIY

**Homemade
popsicles**

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.

You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water. Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy.

SHARON DEVELLIS,
YUMMYMUMMYCLUB.CA

On the Web



Skeptics question whether Vogue went far enough to promote healthier models

Health

**Do dads get
depressed, too?**

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some

sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA



Study suggests new dads can suffer from a form of depression. ISTOCK

Money

**Paying your
babysitter**

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs

means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.

- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ,
YUMMYMUMMYCLUB.CA

Ready to reveal your baby's gender? Keep it trendy

Boy or girl? Here are some ways of making the big announcement to friends and family

LISA
THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of three parties:

Gender-Reveal Cakes
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the

More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

Balloons In A Box

Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

Unwrap a Gift

Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate



Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

when everyone else finds out. A fun touch would be to have guests wear either pink or blue

to indicate their gender prediction. The losing team cleans up after the party.

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Give your sweet tooth something to really smile about



This recipe serves eight to 10 people. THE CANADIAN PRESS H/O

Raspberry Semifreddo. This luscious dessert uses creamy avocados and sweet raspberries

For something different, try this light and creamy dessert made with the goodness of avocados and speckled with cool bursts of sweet raspberries. You have never tasted a dessert like this before.

1. In a standing mixer, whip egg whites to form medium peaks, then slowly add icing sugar until mixture becomes glossy with stiff peaks, about 8 minutes. With a rubber spatula, scrape into a large bowl and set aside.

2. In a stand mixer, whip the cream to form stiff peaks. Add to egg white mixture, folding gently so as not to incorporate too much air. Puree the avocados with a hand blender or food processor and add them to cream and egg white mixture. Fold all together and incorporate 250 ml (1 cup) of the raspberries.

3. Line a 23-by-12-cm (9-by-5-inch) baking dish with plastic wrap. Add semifreddo mix-

ture, smoothing surface to flatten. Freeze uncovered for at least 3 hours.

4. To serve, dip the dish in about 5 cm (2 inches) of hot water to slightly melt edges.

Dry the baking dish and invert the dessert onto serving plate. Remove plastic wrap and top with remaining raspberries and mint. Slice and serve.

THE CANADIAN PRESS/AVOCADOS FROM MEXICO, AVOCADOSFROMMEXICO.COM

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For those days when you're too tired to cook, reaching for a ready-made soup is a natural choice. Watch which can you grab, though.

Campbell's Chunky Chicken Corn Chowder (1 cup)

240 calories/ 11 gm fat/ 650 mg sodium

Even though it's filled with veggies and chicken, there's also the addition of cream, which adds to the calories and fat.



Equivalent

One cup of Campbell's Chunky Chicken Corn Chowder is equal, in fat, to 11 chicken skewers from Blue Menu.



Campbell's Chunky Chicken Vegetable (1 cup)

150 calories/ 5 gm fat/ 630 mg sodium

This veggie-based soup comes in with less calories and half the fat than the chicken corn chowder.



Ingredients

- 3 egg whites
- 250 ml (1 cup) icing sugar
- 175 ml (3/4 cup) whipping cream
- 2 avocados
- 375 ml (1 1/2 cups) fresh raspberries, divided
- 6 mint leaves, for garnish

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metro

NURSING WEEK

Monday, May 7, 2012



Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aiic.ca). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

Nurses are involved in every stream of society

JON
TATTIE
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previ-

ously worked in the New Brunswick government, says it starts in the community with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to

the health-care system," she says. "With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in every level and every stream of society."

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing or-

ganizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

"It's a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

Judith Shamian, CNA's president, says nurse practitioners (NPs) can provide high-

quality care for patients, order tests, prescribe medications, and diagnose and manage chronic illnesses.

They work in a wide variety of settings including community clinics, doctor's offices, nursing homes, and hospitals.

"As Canadians, we're proud of and grateful for this country's health-care system, but it's time to recognize we deserve even better," she says.



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JON TATTIE
for Metro

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a

Training

- Training for some aspects of nursing varies across Canada, but the basic registered nurse (RN) training takes between 18 and 24 months of university or college to earn a baccalaureate of nursing. An RN must then register with the regulatory body in the province or territory in which they will work.

wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our communities benefit the more nurses they have," she says.

"And for the individual who becomes a nurse — there are not many professions where you will get so many 'thank you's' every day."

It's a challenging profession, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.



Nursing is a challenging, but rewarding, career and jobs will continue to be available as senior nurses begin to retire. ISTOCKPHOTO/THINKSTOCK

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory

and start on a casual or part-time basis.

Silas says it works in cycles and while the market is tighter now, it is likely to turn around as senior nurses retire. The average age of a nurse is 48, meaning new

jobs will begin to open up over the next decade or so.

"You can't exchange us for machines. We will need as many nurses in the hospital sector, in the community and long-term-care sector, so jobs will come," she says.

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Queen of Green

Toxic home cleaners



QUEEN
OF GREEN
Lindsay Coulter
green@metronews.ca

What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)?
Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which

may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of *Ecologic Home*, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a \$300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

Save some green by driving green

Car shopping.

Scotiabank aims to remove some of the financial sting when you purchase a clean vehicle

BEN
KNIGHT
life@metronews.ca

The arguments in favour of driving an eco-friendly car get stronger every day. But as soon as your heart is set on a hybrid, electric or clean-diesel vehicle, your wallet becomes concerned about financing.

The good news is that green vehicles are becoming more and more affordable, and now one of Canada's biggest banks has launched a new program to help you drive cleaner — for less.

"We found, through research and just talking to our customers, that there was real void out there in terms of our customers finding out how they could make greener choices, and at the same time save some money," says Kaz Flinn, vice-president of corporate social responsibility for



Have you thought about switching to a more eco-friendly vehicle? ISTOCK

Scotiabank.

The EcoLiving Auto Loan program was announced in late March. It offers a quarter of a percentage point off the bank's standard lowest fixed rate.

"It's one component of our larger Scotiabank EcoLiving program," Flinn explains.

"The program is based on a lot of residential issues — renovations and things like that. But where we noticed

there's also a growing interest with customers was in making purchases of more efficient automobiles."

We're entering a time of year where the auto industry traditionally does good business. For an ever-increasing number of Canadian motorists, the time to decide whether to step away from a traditional gas-burning car is now.

"This is spring, and sales are picking up, and I certainly

By the numbers

16,167

Number of registered hybrid electric cars on the road in Canada in 2009.

see that the number of sales of hybrids or electric cars is increasing," Flinn says. "And there is a growing increase in clean vehicles, and consumers need information to make financial choices."

The loans are available at the bank's partner dealerships across Canada, so your car and finance questions can be handled simultaneously.

"This is about Canadians making green choices that will save energy and save money," Flinn concludes.

"I think they are very in tune with fuel prices, and with the environment and wanting to contribute something. And if there are choices out there for them and opportunities are given to them to be able to make the green choice, then they're looking towards that. We want to help them — from a competitive-pricing point of view."

For more info, visit ecoliving.scotiabank.com.

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* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD \$1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. TM Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

Leap of faith leaves a big imprint on franchise owner

Copy that. Iain Scott encourages other entrepreneurs to be unafraid to take chances



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years, Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with



Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an opti-

mist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

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over your own future," he notes.

"At the end of the day, you're building equity and it will become an investment for your retirement."

Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Iain Scott, business owner

A career in 'can I get you anything else?'

Behind the degree. Mastering the art of going that extra mile

BRUCE WALSH
life@metronews.ca

In 2007, Konstantinos Bastas was managing his parents' diner on the Upper East Side of Manhattan, but found himself

daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU. Bastas completed his degree last year. After a short

stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management. But the most important thing for me in those two years is relationship building — having professors who are industry leaders, and being around other students who are involved in the industry."



Think you can provide better service? Consider hospitality studies. ISTOCK

Born for the business

"I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."

Konstantinos Bastas



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Mind makeover

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CAROLYN MORRIS

Metro World News in Toronto



Barbara Arrowsmith-Young, creator of the Arrowsmith Program.

She was a graduate student in school psychology, but couldn't tell the time on an analogue clock. She couldn't understand most conversations in real time, having to play them back in her mind repeatedly to make any sense of them.

She didn't get jokes, or comprehend symbolism, metaphors or cause-and-effect. To get through school, she got to know the library security guards' patrol schedules so she could dodge them by hiding out in the washroom and then spend entire nights reading and re-reading her coursework. She'd relied on memorization her entire life.

This was until Barbara Arrowsmith-Young changed her brain.

"All of a sudden, the world opened up," she says. "It's profound. The brain is doing what it's supposed to be doing in that moment to grasp what's being said."

In all her reading and re-reading, Arrowsmith-Young had stumbled upon the work of a Russian psychologist named Aleksandr Romanovich Luria. In a book about a patient who'd been shot in the head during the Second World War, which included journal entries by the patient, Arrowsmith-Young recognized herself. His descriptions of living in a fog, in which

relationships like those between the two hands on a clock confounded him, mirrored her own experience. While she'd always had her "mental block," as a teacher had once described it, Luria's patient had a physical hole in his brain — in the left occipito-parietal region, to be precise.

She wondered whether this area was responsible for her deficiency. Soon after, she read about an American psychologist, Mark Rosenzweig, who showed that rats' brains can change as a result of stimulation.

"If a rat can change his brain," I thought, "perhaps a human can do the same," she writes in her book, *The Woman Who Changed Her Brain*.

She developed an exercise that forced her to interpret the hands of an analogue clock. Instead of compensating for her weaknesses by using a digital clock, say, she forced herself to do what felt impossible —

actually understand what the hands symbolized.

And it worked. Not only did she figure out how to tell time, but suddenly she started understanding conversations as they were taking place, and making sense of the conceptual ideas in her books that used to elude her.

Arrowsmith-Young went on to locate 19 brain area deficits, many of which she struggled with herself. She developed exercises to strengthen them, and founded the Arrowsmith Program at a private school in Toronto that tailor cognitive exercises to children with learning disabilities.

"In most traditional special education programs, the premise is that the learner's fixed. The learner is the learner, with their strengths and weaknesses," says Arrowsmith-Young. "The premise of our work is, we're going to take this learner, and we're going to change the capacity of the learner."

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- Check quality and never allow your product to leave unless it is perfect.
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SUMMER CAMPS

Monday, May 7, 2012

Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

Summer is time for adventure

Overnight camps, and even day camps, can cost more than a few bucks.

But then again, it's money well spent isn't it? What exactly does your

child — and you as the parent — get out of the experience? For children, the benefit of

heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C.

"We provide a lot of activities for kids, but within the scope of that they're allowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and

activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids

away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

So how can you go about picking the right camp for your child?

Ask other parents who you know for their recommendations.

"Parents know when their children have had good experiences," says Cathcart.

"All the advertising in the world won't have the same value as what you're hearing from kids and parents."

Also look for a camp accredited or affiliated through a provincial association, such as George's Alberta Camping Association or through the national Canadian Camping Association. **ASTRID VAN DEN BROEK**

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Packing: Make it a family affair

KELLY
PUTTER
For Metro

Some of the fun of summer camp is in getting ready for the big day, and that means enlisting your child in the task of packing.

If that sounds like asking your dog to make dinner, there is a method to this rec-

ommended madness, says Ruth Mills, a family camp expert at the YMCA's Wanakita camp in Haliburton, Ont.

"It's all about preparing for camp so they'll recognize their stuff and so they know what went with them and what needs to come back home," says Mills. "If kids help pack they feel a sense of control over their bag. It's some-

thing familiar and one less new thing on the first day."

It's important that everything is labelled, she says. This rule is especially critical for younger campers whose belongings invariably become entwined with those of other campers.

Make sure your kids pack items that remind them of home — it's something that

lends a sense of comfort.

"Consider the fact that stuff has to travel on a bus or in a car and it has to be carried to your cabin," says Mills. "So you probably don't want to pack that giant stuffed cow you won at the (carnival)."

Don't pack belongings in garbage bags, which tend to weaken. Instead, use backpacks, a small suitcase, or a

duffel or hockey bag. Label all bags.

If there is one thing you spend money on in preparation for camp it should be rain gear, Mills suggests. Don't buy cheap ponchos. Pick up decent raincoats, waterproof pants and footwear.

"Campers will have a miserable time if it's wet and cold," she says.

Clothes aside, do include:

- a water bottle
- sunglasses
- bug repellent
- a cheap camera
- a flashlight
- a plastic ground sheet
- a sleeping bag
- sunscreen
- a hat
- two pairs of runners and two bathing suits.



Go over a schedule of activities with your child to help the child understand what their summer camp experience will be like. ISTOCKPHOTO/THINKSTOCK

Preparation. The ABCs of camp life

KELLY
PUTTER
For Metro

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be

aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might be a good time to initiate this childhood rite of passage.

"I do think kids do a lot better at camp if they've had sleepovers before," says Mills. "Typically, nighttime is the hardest time to adjust to camp. That's when it's quiet and there's opportunity to think of home and to miss mom."

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better. Younger children might want to bring a stuffed animal and teens should bring photos of family, friends or their favourite teen idol.

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MAINTAIN A HEALTHY BALANCE

REAL LINK EXISTS BETWEEN MENTAL, PHYSICAL HEALTH

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

“We tend to talk about our physical and mental health problems separately,” he explains. “We rarely view them as linked, and our health services and funding are structured to support this view.”

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a



GOODSHOOT/THINKSTOCK

person’s overall health and well-being.

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost \$4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another \$1 billion is spent on hospital visits, doctors’ fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated be-

fore they grow severe.

“Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination,” says Coleridge.

“We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.



FUSE/THINKSTOCK

“This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health.”

CMHA’s Mental Health Week is May 7-13. This year’s theme is “mental health for all” — a reminder that good mental health is achievable for everyone. To learn more, visit mentalhealthweek.ca.

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Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.



I exercise alot.
Paul, 52, Manager

Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher



I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

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Sports in pictures



1 Golf. Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship.

THE ASSOCIATED PRESS

2 MLB. Darvish suffers first defeat in Ohio

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.

THE ASSOCIATED PRESS

3 NHL. Coyotes' Klesla banned for Game 5

Phoenix Coyotes defenceman Rostislav Klesla was suspended for one game by the NHL on Sunday for boarding Nashville Predators forward Matt Halischuk on Friday night.

THE ASSOCIATED PRESS



Ilya Kovalchuk celebrates with goalie Martin Brodeur Sunday in Newark, N.J. THE ASSOCIATED PRESS

NHL. Devils have Flyers against the ropes

Dainius Zubrus scored two goals and the New Jersey Devils rallied from an early two-goal deficit and pushed the Philadelphia Flyers to the brink of elimination with a 4-2 victory Sunday night in Game 4 of the Eastern Conference semifinal.

Zubrus put New Jersey ahead 3-2 late in the second period and iced it with an empty-net goal in the final minute.

Petr Sykora and Marek Zidlicky also scored for the Devils, who can advance to their first conference final since 2003 with a win in Philadelphia on Tuesday night. New Jersey has never lost a playoff series after taking a 3-1 lead.

Game 4

4

Devils

2

Flyers

delphia on Tuesday night. New Jersey has never lost a playoff series after taking a 3-1 lead.

In winning their third straight, the Devils let goalie Martin Brodeur have an easy night on his 40th birthday, outshooting Philadelphia 43-

22. He even picked up an assist on Zubrus' final goal.

Scott Hartnell and Claude Giroux scored first-period goals for the Flyers, who once again were a step slow.

The Flyers seemed to come apart at the end of the game. Defenceman Kimmo Timonen took a penalty in the closing minutes and Philadelphia never got a good shot after pulling goalie Ilya Bryzgalov in the final minute. Zubrus was about to score into an empty net when he was hooked. Still, the puck went off his stick and into the net.

THE ASSOCIATED PRESS

Kings sweep away Blues

NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty

Game 4

3

Kings

1

Blues

net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.

THE ASSOCIATED PRESS



Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

NBA. Anthony's 41 burn Heat in must-win Game 4



Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff win again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans

Game 4

89

Knicks

87

Heat

to finally get over that hump of those consecutive games that we lost, I guess the Knicks, lost over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another injury to win a

playoff game for the first time since beating Toronto on April 29, 2001. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game.

"I'm just glad that we came together after that, kept our composure, kept on fighting," Anthony said.

LeBron James scored 27 for the Heat, who will try to close it out in Game 5 at home on Wednesday. Dwyane Wade had 22, but missed a 3-pointer on the last possession that would have given Miami a lengthy rest before starting the second round.

THE ASSOCIATED PRESS

On the web



Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

4 SPORTS

IIHF world championship

Canada loses another blue-liner to injury

The injury bug has bitten Canada once again at the IIHF world hockey championship.

Defenceman Marc-Edouard Vlasic was ruled out of the tournament in Helsinki Sunday with a right leg injury, making him the second Canadian blue-liner to be sent home early after P.K. Subban. "It's tough to lose a good young player like Marc-Edouard," said general manager Kevin Lowe. "His game is really suited to the big ice. He's a very mobile defender who will be hard to replace." Vlasic suffered the injury after getting tangled up with an opponent in the third period of Saturday's 5-4 overtime loss to the United States. He tried to play through it but quickly realized something was wrong.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Baltimore	19	9	.679	—
Tampa Bay	19	10	.655	½
Toronto	16	13	.552	3½
New York	15	13	.536	4
Boston	11	16	.407	7½

CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	15	11	.577	—
Detroit	14	13	.519	1½
Chicago	13	15	.464	3
Kansas City	9	18	.333	6½
Minnesota	7	20	.259	8½

WEST DIVISION				
	W	L	Pct	GB
Texas	18	10	.643	—
Oakland	15	14	.517	3½
Seattle	13	17	.433	6
Los Angeles	12	17	.414	6½

Yesterday's results
L.A. Angels 4 Toronto 3
Baltimore 9 Boston 6 (11 innings)
Cleveland 4 Texas 2
Detroit 3 Chicago White Sox 1
N.Y. Yankees 10 Kansas City 4
Oakland 9 Tampa Bay 5
Seattle 5 Minnesota 2
Saturday's results
L.A. Angels 6 Toronto 2
Baltimore 8 Boston 2
Chicago White Sox 3 Detroit 2
Kansas City 5 N.Y. Yankees 1
Oakland 4 Tampa Bay 3 (12 innings)
Seattle 7 Minnesota 0
Texas 5 Cleveland 2 (11 innings)
Today's games — All Times Eastern
Chicago White Sox (Humber 1-1) at Cleveland (McAllister 0-0), 1:05 p.m. (1st game)
Chicago White Sox (Stults 0-0) at Cleveland (Tomlin 1-2), 7:05 p.m. (2nd game)
Texas (M.Harrison 3-2) at Baltimore (Matusz 1-3), 7:05 p.m.
Boston (Doubtrant 1-1) at Kansas City (J.Sanchez 1-1), 8:10 p.m.
L.A. Angels (Weaver 4-0) at Minnesota (Liriano 0-4), 8:10 p.m.
Detroit (Fister 0-0) at Seattle (Beavan 1-3), 10:10 p.m.

ANGELS 4, BLUE JAYS 3

Toronto	ab	r	h	bi	L.A. Angels	ab	r	h	bi
KJhnsn 2b	4	0	2	1	Trout cf	4	1	1	0
Thams lf	4	0	1	1	Mizturs 2b	4	1	2	0
Bautist rf	4	1	1	0	Pujols 1b	4	1	2	1
Lind dh	3	0	0	0	KMoris dh	4	1	1	0
RDavis pr-dh	0	0	0	0	Trumo rf	3	0	2	1
Encmc 1b	3	0	0	1	TrHntz rf	1	0	0	0
Lawrie 3b	3	0	0	0	VWells lf	4	0	1	0
Razms cf	4	0	1	0	Callasp 3b	4	0	2	1
Arendi c	4	2	3	0	Aybar ss	3	0	0	0
Mathis pr	0	0	0	0	lanett c	3	0	0	0
Vizquel ss	4	0	1	0					
Totals	33	3	9	3	Totals	34	4	10	4
Toronto		001	001	100	— 3				
L.A. Angels		000	220	00x	— 4				

E.—Pujols (1). DP—Los Angeles 3. LOB—Toronto 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.

Toronto	IP	H	R	ER	BB	SO
Hutchison L,1-1	51-3	8	4	4	0	6
Oliver	1-3	1	0	0	0	0
Fraser	1-3	0	0	0	0	0
Janssen	1	1	0	0	0	1
Villanueva	1	0	0	0	0	2
L.A. Angels						
Williams W,3-1	62-3	8	3	2	1	4
D.Carpenter H,1	1-3	0	0	0	0	1
Frieri H,1	1	0	0	0	1	1
S.Downs H,5	1-3	1	0	0	0	0
Hawkins S,1-1	2-3	0	0	0	0	0
T—2:51. A—37,548 (45,957) at Anaheim, Calif.						

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	18	10	.643	—
Atlanta	18	11	.621	½
New York	15	13	.536	3
Miami	14	14	.500	4
Philadelphia	14	15	.483	4½

CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	17	11	.607	—
Cincinnati	14	13	.519	2½
Houston	13	15	.464	4
Milwaukee	12	16	.429	5
Pittsburgh	12	16	.429	5
Chicago	11	17	.393	6

WEST DIVISION				
	W	L	Pct	GB
Los Angeles	18	10	.643	—
San Francisco	14	14	.500	4
Arizona	14	15	.483	4½
Colorado	12	15	.444	5½
San Diego	9	20	.310	9½

Yesterday's results
Atlanta 7 Colorado 2
Chicago Cubs 4 L.A. Dodgers 3 (11 innings)
Cincinnati 5 Pittsburgh 0
Miami 6 San Diego 3
N.Y. Mets 3 Arizona 1
Philadelphia 9 Washington 3
San Francisco 4 Milwaukee 3 (11 innings)
St. Louis 8 Houston 1
Saturday's results
Atlanta 13 Colorado 9
Houston 8 St. Louis 2
L.A. Dodgers 5 Chicago Cubs 1
Miami 4 San Diego 1
Cincinnati 3 Cincinnati 2
N.Y. Mets 4 Arizona 3
San Francisco 5 Milwaukee 2
Washington 7 Philadelphia 1
Tonight's games — All Times Eastern
N.Y. Mets (Niese 2-1) at Philadelphia (Halladay 3-2), 7:05 p.m.
Atlanta (Hanson 3-2) at Chicago Cubs (Samardzija 3-1), 8:05 p.m.
Miami (Zambrano 0-2) at Houston (W.Rodriguez 3-2), 8:05 p.m.
Cincinnati (Arroyo 1-1) at Milwaukee (Gallardo 1-3), 8:10 p.m.
St. Louis (Lynn 5-0) at Arizona (J.Saunders 2-1), 9:40 p.m.
Colorado (Pomeranz 0-1) at San Diego (Vologuez 0-2), 10:05 p.m.
San Francisco (Zito 1-0) at L.A. Dodgers (Lilly 3-0), 10:10 p.m.

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP PRELIMINARY ROUND

Yesterday's results
At Helsinki — Finland 1 Slovakia 0
France 6 Kazakhstan 3
Switzerland 3 Belarus 2
At Stockholm — Italy 4 Denmark 3 (OT)
Latvia 3 Germany 2
Russia 4 Norway 2
Saturday's results
At Helsinki
At Helsinki — U.S. 5 Canada 4 (OT)
Switzerland 5 Kazakhstan 1
At Stockholm — Russia 5 Latvia 2
Sweden 4 Czech Republic 1
Today's games — All Times Eastern
At Helsinki
France vs. Canada, 9:15 a.m.
U.S. vs. Slovakia, 1:15 p.m.
At Stockholm
Czech Republic vs. Norway, 10:15 a.m.
Denmark vs. Sweden, 2:15 p.m.

NHL PLAYOFFS

STANLEY CUP

CONFERENCE SEMIFINALS

(Best-of-7)
All Times Eastern
EASTERN CONFERENCE
N.Y. RANGERS (1) VS. WASHINGTON (7)
(Series tied 2-2)
Saturday's result
Washington 3 N.Y. Rangers 2
Tonight's game
Washington at N.Y. Rangers, 7:30 p.m.
Wednesday's game
N.Y. Rangers at Washington, TBA
Saturday, May 12
x-Washington at N.Y. Rangers, TBA
PHILADELPHIA (5) VS. NEW JERSEY (6)
(New Jersey leads series 3-1)
Last night's result
Washington 4 Philadelphia 2
Tomorrow's game
New Jersey at Philadelphia, 7:30 p.m.
Thursday's game
x-Philadelphia at New Jersey, TBA
Saturday, May 12
x-New Jersey at Philadelphia, TBA

WESTERN CONFERENCE

ST. LOUIS (2) VS. LOS ANGELES (8)
(Los Angeles wins series 4-0)
Yesterday's result
Los Angeles 3 St. Louis 1
PHOENIX (3) VS. NASHVILLE (4)
(Phoenix leads series 3-1)
Friday's result
Phoenix 1 Nashville 0
Tonight's game
Nashville at Phoenix, 10 p.m.
Wednesday's game
x-Phoenix at Nashville, TBA
Friday's game
x-Nashville at Phoenix, TBA
x — played only if necessary.

DEVILS 4, FLYERS 2

First Period
1. Philadelphia, Hartnell 3 (Giroux, Timonen) 11:50 (pp)
2. Philadelphia, Giroux 8 (Talbot) 13:40 (sh)
3. New Jersey, Sykora 2 (Zidlicky, Zajac) 15:14 (pp)
4. New Jersey, Zidlicky 1 (Salvador, Kovalchuk) 18:09
13:27, Hartnell Pha (interference) 18:32.
Second Period
5. New Jersey, Zubrus 2 (Henrique, Sykora) 17:47
Penalties — Couturier Pha (delay of game) 5:12.
Giroux Pha (illegal check to head minor) 19:56.
Third Period
6. New Jersey, Zubrus 3 (Fayne, Brodeur) 19:15 (en)
Penalty — Timonen Pha (holding) 16:24.
Shots on goal by
Philadelphia 7 5 10 — 22
New Jersey 16 16 11 — 43
Goal — Philadelphia: Bryzgalov (L,5-5-0); New Jersey: Brodeur (W,7-3-0). **Power plays (goals-chances)** — Philadelphia: 1-2; New Jersey: 1-5.
Attendance — 17,625 (17,625) at Newark, N.J.

KINGS 3, BLUES 1

First Period
1. Los Angeles, Nolan 1 (Penner) 4:36
2. St. Louis, Shattenkirk 1 (Jackman) 11:34
3. Los Angeles, Brown 5 (Kopitar, Doughty) 18:17
Penalties — Stewart STL (tripping) 2:06, Stewart STL, Nolan LA (fighting) 13:53, Stoll LA (holding) 14:14.
Second Period — No Scoring.
Penalties — Nichol STL (high-sticking) 4:48, Los Angeles bench (too many men; served by King) 6:04, Doughty LA (interference) 8:03, Backes STL (elbowing) 8:13.

Third Period
4. Los Angeles, Brown 6 (Kopitar, Greene) 19:34 (en)
Penalties — D'Agostini STL (boarding), Brown LA (slashing) 4:33, Nichol STL (double high-sticking) 8:00, Stoll LA (high-sticking) 9:29.
Shots on goal by
St. Louis 4 13 7 — 24
Los Angeles 10 2 7 — 19
Goal — St. Louis: Elliott (L,3-4-0); Los Angeles: Quick (W,8-1-0). **Power plays (goals-chances)** — St. Louis: 0-3; Los Angeles: 0-5.
Attendance — 18,373 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Giroux, Pha	8	9	17
Briere, Pha	8	4	12
Brown, LA	6	5	11
McDonald, STL	5	5	10
Zajac, NJ	5	5	10
Kovalchuk, NJ	4	6	10
Kopitar, LA	3	7	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
B.Richards, NYR	4	5	9

GOLF

PGA WELLS FARGO CHAMPIONSHIP
At Charlotte, N.C.
Final Round — Par 72 (36-36)
(x—won on first playoff hole)
x-Rickie Fowler, \$1,170,000 66-72-67-69—274
Dory McIlroy, \$572,000 70-68-66-70—274
D.A. Points, \$572,000 66-68-69-71—274
Webb Simpson, \$312,000 65-68-69-73—275
Ben Curtis, \$237,250 69-70-71-67—277
Ryan Moore, \$237,250 65-70-68-74—277
Lee Westwood, \$237,250 71-72-68-66—277
Also
David Hearn, \$13,455 70-72-76-71—289

LPGA BRAZIL CUP

At Rio de Janeiro, Brazil
Final Round — Par 73
Pornanong Patum, \$108,000 66-67—133
Amy Hung, \$83,990 72-65—137
Paula Creamer, \$54,031 69-69—138
Chella Choi, \$54,031 71-67—138
Amanda Blumenherst, \$27,637 72-67—139
Brittany Lang, \$27,637 68-71—139

NATIONWIDE STADION CLASSIC

At Athens, Ga.
Final Round — Par 71
Hudson Swafford, \$99,000 66-70-69-62—267
Luke List, \$48,400 66-67-70-65—268
Lee Janzen, \$48,400 65-72-66-65—268
Billy Horschel, \$26,400 69-63-69-68—269
Ty Van Aswegen, \$22,000 67-68-65-70—270
Also
Adam Hadwin, \$1,898 70-70-71-71—282
Brad Fritsch, \$1,691 71-68-73-73—285

AUTO RACING

NASCAR SPRINT CUP AARON'S 499

At Talladega, Ala.
Yesterday's results
(starting position in parentheses)
1. (13) Brad Keselowski, Dodge, 194 laps, 120.1 rating, 47 points, \$305,745; 2. (21) Kyle Busch, Toyota, 194, 106.2, 43, \$263,298; 3. (10) Matt Kenseth, Ford, 194, 128.5, 43, \$225,701; 4. (5) Kasey Kahne, Chevrolet, 194, 88.4, 41, \$155,090; 5. (6) Greg Biffle, Ford, 194, 118.4, 40, \$143,540; 6. (24) Clint Bowyer, Toyota, 194, 82.9, 38, \$146,554; 7. (32) David Ragan, Ford, 194, 85.6, 37, \$137,723; 8. (11) Trevor Bayne, Ford, 194, 87.8, 0, \$110,565; 9. (18) Dale Earnhardt Jr., Chevrolet, 194, 88.4, 36, \$120,765; 10. (29) Jeff Burton, Chevrolet, 194, 83.3, 35, \$143,640.

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)
All Times Eastern
EASTERN CONFERENCE
CHICAGO (1) VS. PHILADELPHIA (8)
(Philadelphia leads series 3-1)
Yesterday's result
Philadelphia 89 Chicago 82
Tomorrow's game
Philadelphia at Chicago, 9:30 p.m.
MIAMI (2) VS. NEW YORK (7)
(Miami leads series 3-1)
Yesterday's result
New York 89 Miami 87
Wednesday's game
New York at Miami, 7 p.m.
INDIANA (3) VS. ORLANDO (6)
(Indiana leads series 3-1)
Saturday's result
Indiana 101 Orlando 99 (OT)
Tomorrow's game
Orlando at Indiana, 7 p.m.
BOSTON (4) VS. ATLANTA (5)
(Boston leads series 3-1)
Last night's result
Boston 101 Atlanta 79
Tomorrow's game
Boston at Atlanta, 8 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS. UTAH (8)
(San Antonio leads series 3-0)
Saturday's result
San Antonio 102 Utah 90
Tonight's game
San Antonio at Utah, 8 p.m.
Wednesday's game
x-Utah at San Antonio, 8:30 p.m.
OKLAHOMA CITY (2) VS. DALLAS (7)
(Oklahoma City wins series 4-0)
Saturday's result
Oklahoma City 103 Dallas 97
L.A. LAKERS (3) VS. DENVER (6)
(L.A. Lakers lead series 3-1)
Last night's result
L.A. Lakers 92 Denver 88
Tomorrow's game
Denver at L.A. Lakers, 10:30 p.m.
MEMPHIS (4) VS. L.A. CLIPPERS (5)
(L.A. Clippers lead series 2-1)
Saturday's result
L.A. Clippers 87 Memphis 86
Tonight's game
Memphis at L.A. Clippers, 10:30 p.m.
Wednesday's game
L.A. Clippers at Memphis, 9:30 p.m.
x — played only if necessary

LACROSSE

NLL PLAYOFFS

DIVISIONAL SEMIFINALS

EAST DIVISION
Saturday's result — Toronto 7 Buffalo 6
Friday's result — Rochester 14 Philadelphia 13
WEST DIVISION
Saturday's results
Edmonton 19 Calgary 11
Minnesota 14 Colorado 10
DIVISIONAL FINALS
Saturday, May 12 — All Times Eastern
EAST DIVISION
Rochester at Toronto, 7 p.m.
WEST DIVISION
Edmonton at Minnesota, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	9	7	2	0	12	5	21
D.C. United	11	5	3	3	20	15	18
New York	9	5	3	1	19	14	16
Chicago	7	3	2	2	9	9	11
Montreal	10	3	5	2	11	15	11
New England	9	3	6	0	8	12	9
Houston	6	2	2	2	7	8	8
Columbus	8	2	4	2	6	10	8
Philadelphia	8	2	5	1	5	9	7
Toronto	8	0	8	0	6	18	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pts
San Jose	10	7	2	1	21	11	22
Real Salt Lake	11	7	3	1	18	12	22
Seattle	8	6	1	1	11	3	19
Vancouver	9	5	2	2	9	7	17
Colorado	10	5	5	0	15	12	15
Dallas	10	3	4	3	10	14	12
Los Angeles	9	3	5	1	11	14	10
Chivas USA	9	3	6	0	5	11	9
Portland	9	2	5	2	9	13	8

Last night's result
Colorado 2 Dallas 0
Saturday's results
Vancouver 2 San Jose 1
Montreal 2 Kansas City 0
D.C. United 2 Toronto 0
New York 1 Los Angeles 0
Seattle 1 Philadelphia 0
Real Salt Lake 2 New England 1
Columbus 0 Portland 0
Friday's result
Chicago 2 Chivas USA 1

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	37	27	5	5	90	27	86
Manchester Utd	37	27	5	5	88	33	86
Arsenal	37	20	7	10	71	47	67
Tottenham	37	19	9	9	64	41	66
Newcastle	37	19	8	10	55	48	65
Chelsea	36	17	10	9	62	41	61
Everton	37	14	11	12	47	39	53
Fulham	37	14	10	13	48	49	52
Liverpool	36	13	10	13	43	38	49
West Bromwich	37	13	8	16	43	49	47
Sunderland	37	11	12	14	45	45	45
Swansea	37	11	11	15	43	51	44
Norwich	37	11	11	15	50	66	44
Stoke	37	11	11	15	34	51	44
Aston Villa	37						

Crossword

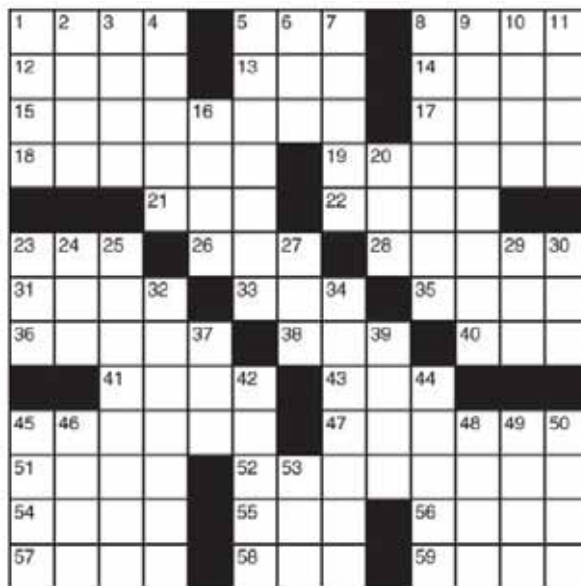
Across

- 1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clasher
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up

- 57 Air from a pair
58 Round Table address
59 — ex machina

Down

- 1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters



- 45 Tie
46 Jacob's twin
48 Muck

- 49 Beige
50 Not so much
53 Spoon-bender Geller

Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUEEN PXFLCXXT
PURO BEUQL JLFXXKLQURO
WVWJNFLRN BWQQP?
"OXXXCTL, XQK VWURN."
Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

Horoscope

Aries | March 21 - April 20.

You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

Taurus | April 21 - May 21.

With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

Gemini | May 22 - June 20.

This is no time to be cautious, especially when dealing with work and career issues.

Cancer | June 21 - July 22.

If you expect others to play by the book then you must play by the book as well.

Leo | July 23 - Aug. 22.

little more daring over the next few days. Take the kind of risks that other people say you should not.

Virgo | Aug. 23 - Sept. 22.

Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

Libra | Sept. 23 - Oct. 22.

If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

Scorpio | Oct. 23 - Nov. 21.

Be bold, be brave and, above all, believe in yourself.

Sagittarius | Nov. 22 - Dec. 21.

You can either meet a challenge

head-on or you can hide yourself away until it has gone.

Capricorn | Dec. 22 - Jan. 20.

You have set your sights high and won't rest until you have got your hands on the prize.

Aquarius | Jan. 21 - Feb. 18.

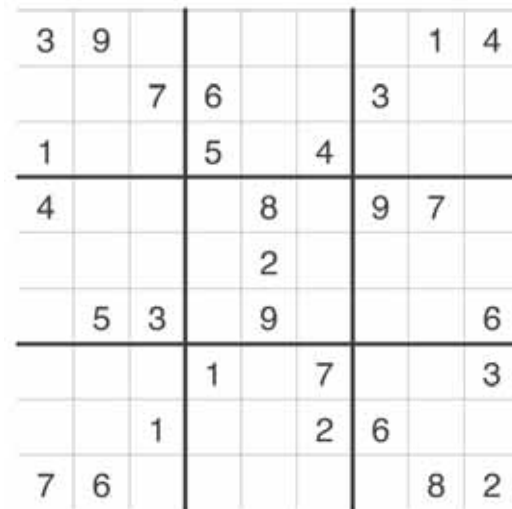
Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

Pisces | Feb. 19 - March 20.

You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

MONDAY



MAX: 16°
MIN: 1°

TUESDAY



MAX: 21°
MIN: 5°

WEDNESDAY



MAX: 15°
MIN: 8°



ANDREW SCHULTZ WEATHER SPECIALIST

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WEEKDAYS 5:30 AM



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



Caption Contest

"Still got that monkey on your back?"

Jeffrey

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